

# Active Living Action Plan (as of 1.31.11)

Goal: Increase physical activity.

## Recommended Strategy #4: Enhance the planning built environment and policies that improve access to physical activity.

Team Leader: TBD

Committee Members: TBD

Target: X number of communities that enhance access for physical activity through planning environmental changes. X number of state and local policies that improve access for physical activity through planning.

Priority Activity #1	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Utilize community comprehensive plans to promote supportive environments for active lifestyles.  <u>Activity Leader(s):</u>	DHHS <ul style="list-style-type: none"> <li>PA Coordinator</li> </ul> Metropolitan Planning Organizations  County and City Governments and Elected Officials  Local Planning and Zoning Agencies  Local Transportation Agencies  Local Active Living/Healthy Communities Coalitions  Local Public Health Departments and their Boards of Health  Public Works and Engineering Departments	Documents from the 3 planning organizations in the state (Omaha, Lincoln, South Sioux City) and communities with community comprehensive plans and their active living strategies.  Evaluation tools for community comprehensive plans.  Education resources engaging community members with information concerning the plans.  Health Impact Assessment education and training.  Promote land-use and mix-use through urban design and land use policies	Year 1 Initiation	# of active living strategies included in updated comprehensive plans.  # and/or % of communities that have comprehensive plans.  # and/or % of community comprehensive plans that include a health element.	

Priority Activity #2	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
<p>Develop and promote residential areas that retain green spaces, including recreation facilities that provide access to public parks from schools, childcare facilities, worksites, and healthcare settings.</p> <p><u>Activity Leader(s):</u></p>	<p>DHHS</p> <ul style="list-style-type: none"> <li>PA Coordinator</li> </ul> <p>Nebraska Recreation and Park Association</p> <p>State, County and City Governments and Elected Officials</p> <p>County and City Planning and Zoning Agencies</p> <p>Public Works and Engineering Departments</p> <p>Metropolitan Planning Organizations</p> <p>Local Public Health Departments and their Boards of Health</p> <p>Local Parks and Recreation Associations</p> <p>Home Developer/Builders Associations</p> <p>Real Estate Entities</p> <p>Local Active Living/Healthy Communities Coalitions</p> <p>Corporate Worksite</p>	<p>Guides for the development and retention of green spaces. Smart Growth Principles.</p> <p>Training and education opportunities.</p> <p>Development and enhancement of partnerships between health, transportation, planning, public works, and other groups.</p> <p>Identify state and local resources that already highlight access opportunities for physical activity.</p> <p>Model projects that identifies local partnerships and maintenance of green spaces.</p> <p>Model policies that ensure the sustainability of green spaces.</p> <p>Identify the barriers to maintaining green spaces within residential areas (i.e. cost, safety, etc)</p> <p>Develop marketing and education strategies for those recreation opportunities</p> <p>Identify existing data sources or develop new data sources to justify physical activity promotion</p>	<p>Year 2 Initiation</p>	<p>Percentage of youth with parks or playgrounds, community centers, and sidewalks or walking paths available in their neighborhoods <b>(Nebraska State Indicator Report on Physical Activity)</b></p> <p>Percentage of census blocks that have at least one park located within the block or ½ mile from the block boundary <b>(Census Data and the Nebraska State Indicator Report on Physical Activity)</b></p> <p># of policies at the state and local levels that ensure sustainability of green spaces.</p> <p>Percentage of people located within a ½ mile network distance of at least one outdoor recreational facility.</p> <p>Miles (acres) of current green space and update annual new spaces or lost spaces.</p> <p>GIS map of designated and maintained green space in each county.</p>	

	Wellness Programs			SCORP Data  Marketing and education goals and objectives	
<b>Priority Activity #3</b>	<b>Potential or Designated (preferred) Leaders, Partners &amp; Participants</b>	<b>Resources Needed</b>	<b>Date of Initiation</b>	<b>Measurement Milestones (baselines and targets)</b>	<b>Progress</b>
<p>Include health as a criterion in community planning by utilizing health impact assessments (HIA's).</p> <p><u>Activity Leader(s):</u></p>	<p>DHHS</p> <ul style="list-style-type: none"> <li>o PA Coordinator</li> <li>o Environmental Health</li> </ul> <p>Nebraska Department of Roads</p> <p>Metropolitan Planning Organizations</p> <p>State, County and City Governments and Elected Officials</p> <p>Local Planning and Zoning Organizations</p> <p>Public Works and Engineering Departments</p> <p>Local Public Health Departments and their Boards of Health, Environmental Health Divisions</p> <p>Local Active Living/Healthy Communities Coalitions</p>	<p>Identify communities already using HIA's as part of their planning process.</p> <p>Training and education on the utilization of HIA's for Nebraska Communities.</p> <p>Develop new partnerships between health, transportation, planning, zoning, public works and engineering.</p> <p>Promote land-use and mix-use through urban design and land use policies</p>	<p>Year 3 Initiation</p>	<p># of Nebraska communities utilizing HIA's as part of their planning process</p> <p># of HIA's completed in Nebraska communities</p> <p># of communities that include HIA's as part of their community comprehensive plan</p> <p># of communities that include health as an element within their community comprehensive plan</p>	
<b>Priority Activity #4</b>	<b>Potential or Designated (preferred)</b>	<b>Resources Needed</b>	<b>Date of Initiation</b>	<b>Measurement Milestones (baselines</b>	<b>Progress</b>

	<b>Leaders, Partners &amp; Participants</b>			<b>and targets)</b>	
<p>Encourage state and local inter-agency coordination between planning, transportation, health, education, and parks and recreation departments.</p> <p><u>Activity Leader(s):</u></p>	<p>DHHS</p> <ul style="list-style-type: none"> <li>o PA Coordinator</li> </ul> <p>Nebraska Department of Roads</p> <p>Nebraska Game and Parks Commission</p> <p>Metropolitan Planning Organizations</p> <p>State, County and City Governments and Elected Officials</p> <p>Local Planning and Zoning Organizations</p> <p>Public Works and Engineering Departments</p> <p>Local Public Health Departments and their Boards of Health</p> <p>Local Active Living/Healthy Communities Coalitions</p>	<p>Identify current partnerships and opportunities to foster new partnerships.</p> <p>Facilitator that brings together these agencies.</p> <p>Identify other partners that should be coordinating with this effort (i.e. Economic Development)</p> <p>Identify successful local models for inter-agency coordination to support planning built environment and policy efforts</p> <p>Statewide Bike and Pedestrian Coalition</p>	<p>Year 1 Initiation</p>	<p># of state agency partners collaborating across agencies.</p> <p># of projects and activities shared across state agencies.</p> <p># of local agency partners collaborating across agencies.</p>	